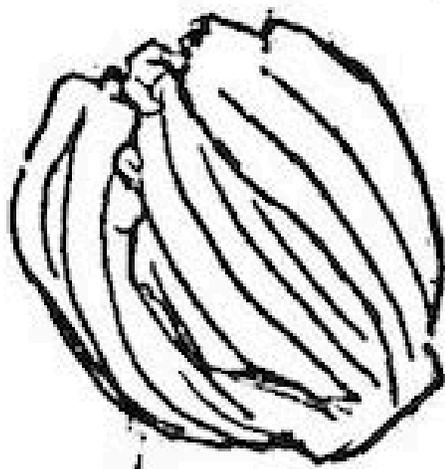
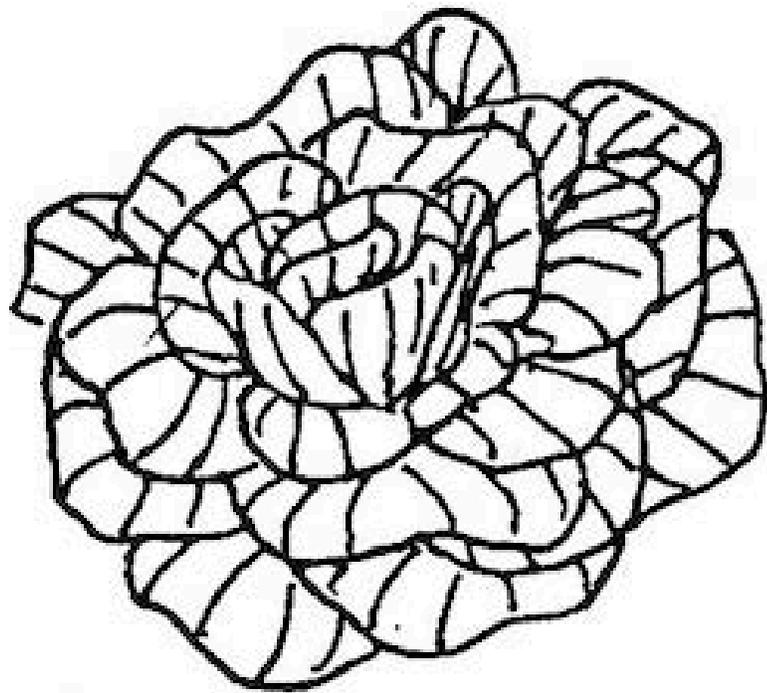


Cabbage

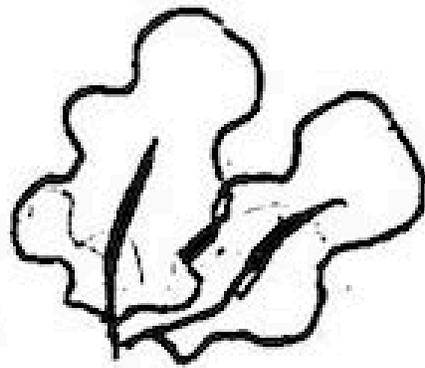


Cabbage

Brassica oleracea var. *capitata*

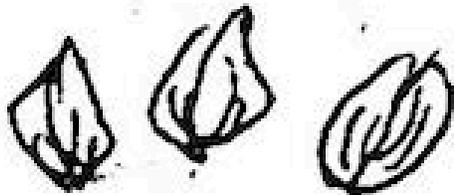
Fun Fact!

Cabbage is the same species
as



Kale,

and brussels sprouts!

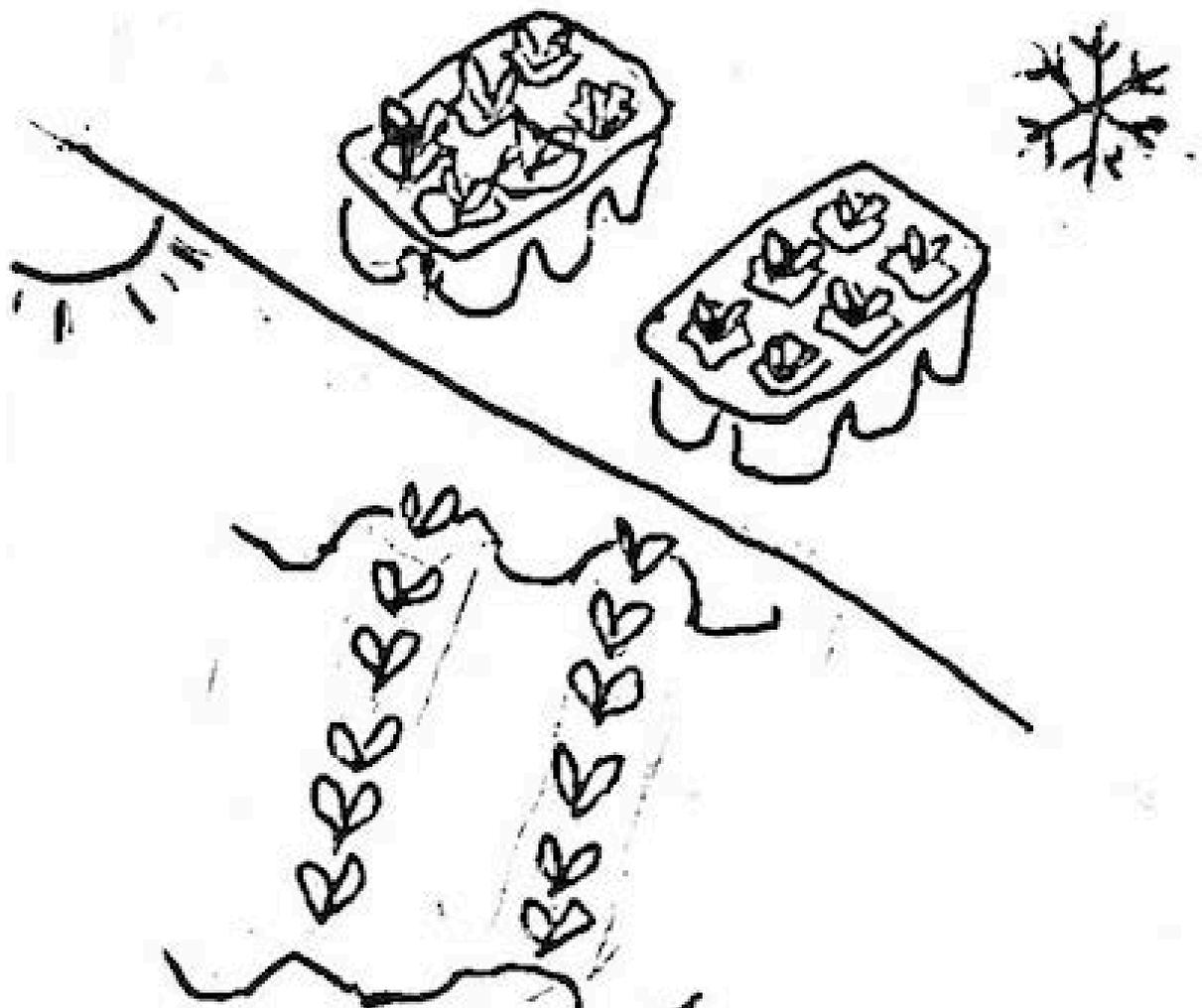


They're all descended from
a wild mustard plant.

When to plant cabbage: 1

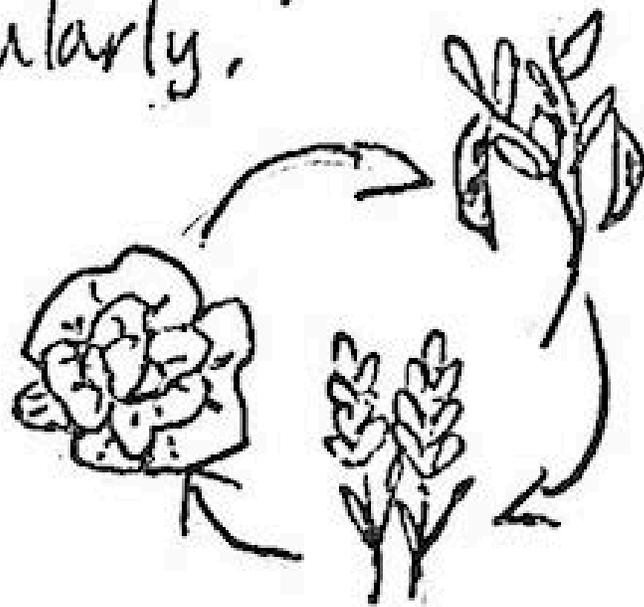
Early harvest: sow indoors
 $\frac{1}{4}$ in deep 6-8 weeks before
the last spring frost.

Fall harvest: sow outdoors
directly in mid to late summer.



Where to plant cabbage:
Plant cabbage in fertile,
well-draining soil.

Cabbage strips nutrients
from soil, so cabbage
should be rotated with
other crops and fertilized
regularly.

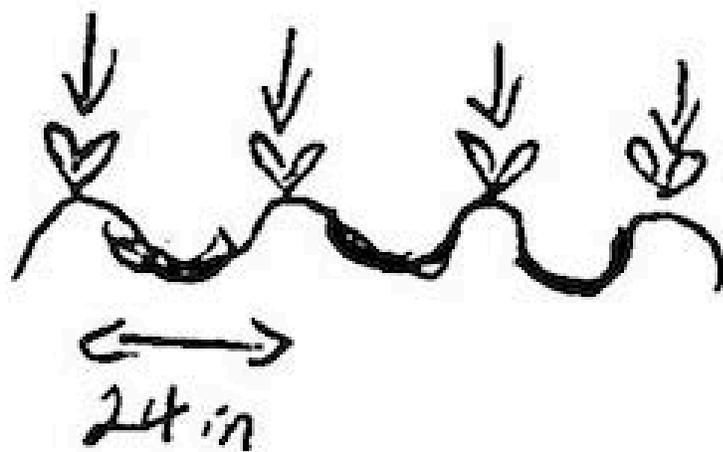


The soil should be
kept moist.

How to plant cabbage!

Plant 1-2 inches deep,
12-24 inches apart.

If transplanting, bury
1-2 inches of the main
stem.



Fertilize the plants when
they start developing new
leaves,

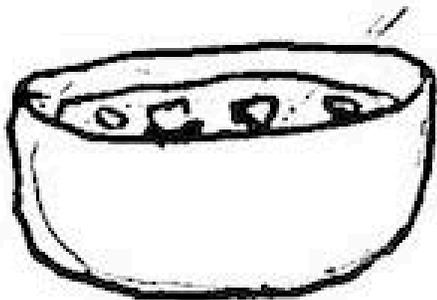
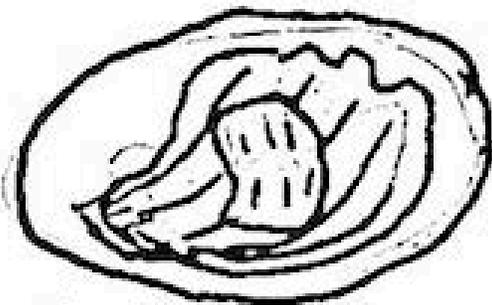
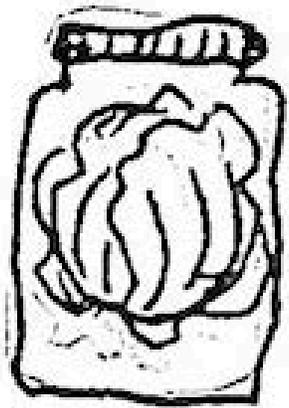
When to harvest cabbage!
Harvest cabbage when
the head (the round
bunch of leaves) is firm.
Cut the head off of
the plant at the base,
using a knife or other
sharp implement.

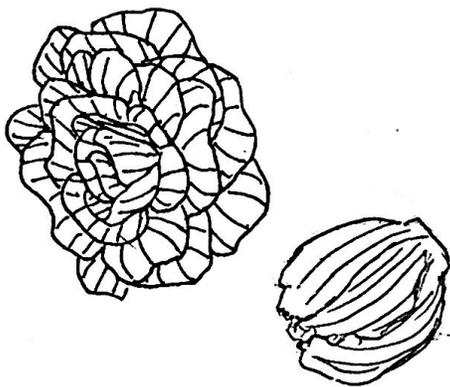


Keep heads in the
fridge or other cool,
dark place.

How to use cabbage!

Cabbage is a highly versatile ingredient in food, and can be used as a wrap, put in soup, and pickled.





Cabbage

Cabbage

Brassica oleracea var. capitata

Fun Fact!

Cabbage is the same species as

brussels



Kale,



and brussels sprouts!



They're all descended from a wild mustard plant.

When to plant cabbage?

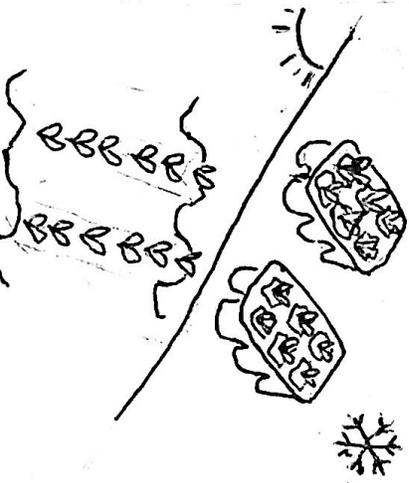
Early harvest: sow indoors

1/4 in deep 6-8 weeks before

the last spring frost.

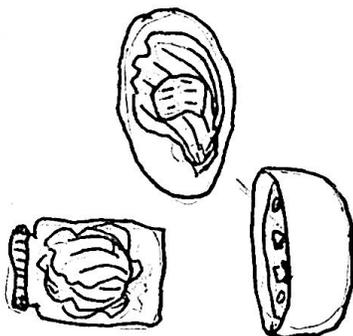
Fall harvest: sow outdoors

directly in mid to late summer.



How to use cabbage?

Cabbage is a versatile vegetable that can be used in many ways. It can be eaten raw, cooked, pickled, or wrapped in a tortilla. It is also a good source of fiber and antioxidants.



Where to plant cabbage?

Plant cabbage in fertile, well-draining soil.

Cabbage strips nutrients from soil, so cabbages should be rotated with other crops and fertilized regularly.

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The soil should be kept moist.

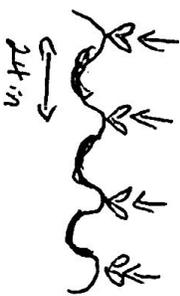
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